

Aruba: Food Names and Food Uses

Gloria Spagnoli
May, 1969

Combined paper for:
Anthropological Method
and Theory 55-336 and
Language and Culture 55-302

Copies to:

✓ Prof. A. Malefijt

Prof. E. Bendix

1

Every country has its native foods which are distinctive and an integral part of the culture. It is the purpose of this paper to discuss the foods of Aruba--the kinds of food and regular ways of preparing these foods.

The writer chose the topic of foods because of her own interest in cooking. She found the Aruban people she interviewed most willing to invite her into their homes to impart whatever information they had. On one interview, Informant B invited the writer into her kitchen while she prepared soppi di carni (beef soup) and pasteckis (a meat-filled turnover) while the writer took note of the recipes and the Papiamentu names of the ingredients used. At the end of the interview the writer sat with the family to enjoy the meal.

The first thing a visitor to Aruba MAY notice is the lack of lush, green vegetation. There is very little agriculture on the island and almost all the food used for consumption must be imported. The largest supply of food comes from Venezuela, with the United States the second largest supplier. Food imports also come from Colombia, Trinidad, Great Britain, and the Netherlands.¹

As mentioned, the Aruban soil is not conducive for the development of agriculture. The poor permeability of the earth

¹Departement Sociale en Economische Zaken, Bureau voor de Statistiek, Statistische Mededelingen, Nederlandse Antillen, Nov. 1968, 16e jaargang No. 5.

results in the top layer of soil being washed off into the sea after a rainfall. This is evident from the color of the sea after a heavy rainstorm.² The northeast trade wind also carries off a great deal of soil material during dry periods. The dry climate plus the poor retention of whatever rain does fall makes it difficult for vegetation to grow and gives Aruba its desert-like appearance. Whatever little green vegetation there is is used for grazing by the pigs, sheep, and goats that roam the island (1967 figures report that there are 2,725 pigs, 676 sheep, and 2,301 goats on Aruba). The goats are the worst menace to vegetation as they will eat anything that is digestible. Measures are taken to keep the goats from destroying some private property by the use of iron gratings at the entrance to places like the large hotels and by the use of fences around private homes.

Poor grazing land eliminates the possibility of raising cattle on the island. The 1967 statistical report shows that there were two cows on Aruba; however, the writer was told that there are now about five or six. These few cows, of course, cannot supply the needs for beef and dairy products, both of which are imported. Venezuela and Argentina are large beef suppliers. Because of spoilage, fresh milk is imported in small quantities and is a rare commodity on the island.

There have been a few attempts at cultivating farm land but none has been very successful. There is a Chinese vegetable

²F. Steenmeijer, Food and Nutrition of Arubans (Utrecht: Schotanus & Jens, 1957), p. 24.

3
farm which produces some vegetables for domestic consumption. There is a small, fresh water lake close to the farm which provides water for irrigation, but the produce yield is not abundant.

The hydroponics farm also supplies some fruits and vegetables for the Aruban marketplace. By this method food is grown in a chemical solution to overcome the problem of poor soil. Some of the produce from these two farms include cucumbers, okra, sweet and hot peppers, carrots, lettuce, celery, tomatoes, spinach, calabas, and watermelon.

The modern-day Aruban diet consists of frozen, canned, and packaged goods that can be bought at the supermarkets. The two largest food stores on the island are Habibe's and La Esperanza. It is not unusual to find bacon and eggs on the breakfast menu in many Aruban homes. There is a strong Indonesian influence in the cooking of the island and such dishes as nassi goreng (fried rice) and rijsttafel (Dutch for "rice table") are very popular. The latter has rice as the body of the meal with which is served a number of side dishes such as meat balls, shrimp, chicken, fried banana, vegetables, and relishes. For a snack, sates are often munched on. These are cubes of spiced meat on small wooden skewers which are broiled and served with a peanut butter sauce. Many Aruban women will vary their menus with Chinese dishes, and South American favorites such as rice and beans have also become part of the Aruban diet.

The number of dishes that are considered native to Aruba are limited, primarily due to the fact that little food can be grown on the island. Before the appearance of the supermarket and grocery stores, the Aruban diet was limited to the crops that could be grown such as corn and beans, certain types of cactus that could be used for soup stock, some fruit, and fish which abounds in the shallow waters between Aruba and the South American continent.

Funchi (a cornmeal mash) and panbati (a type of pancake) are staples in the Aruban diet. Funchi i pisca (funchi and fish) is considered the national dish. Panbati is used as bread and is often eaten for breakfast and with soup (soppi) which is served for lunch or supper in many homes.

Remnants of what life was like on Aruba before Lago and the oil industry arrived in 1927 can still be seen in areas such as Santa Cruz and Noord. These areas are considered kunuku (countryside) as opposed to the town areas of San Nicolas and Oranjestad. Many people in the kunuku used to and still do grow some staple crops for home consumption. The homes are surrounded by a piece of land known as a koraal which is often fenced off with a cactus hedge. This area would correspond to the front- and backyard area of American homes. Plants, fruit trees, and vegetables for home consumption are grown in the koraal.

Informant G lives in a 100 year old house in the kunuku area near Noord. Her home and land are well kept; as a widow she does all repairs herself and all of her own planting and harvesting. The land immediately around the house she refers to as the koraal and the large piece of land extending behind the backyard

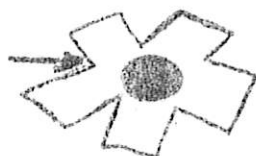
5

a few hundred feet she refers to as the kunuku. Her property is bounded on all sides by a cactus fence which she planted. At the front of the house she has flowering plants. On the sides of the house there is a lemon tree, a starcay tree, and a guava tree. In the kunuku she plants two types of maize: maishi raba and maishi grandi; beans (boonchi), cucumbers (kankodars), and calabas (calbas largo). The planting of these vegetables is done to coincide with the time of year when the rainfall is heaviest, usually September or October. Besides providing irrigation for the plants, the rainwater fills the river which runs through the back piece of her property. Barrels of water are filled from the river and stored for drinking and watering of the plants. This practice was of great importance before the desalination plant made drinking water a more available commodity. This distillation process enables seawater to be converted into distilled, fresh water and can be bought from the Water Supply Department. Water on Aruba has always been a precious item as there is only one ground well on the entire island and the rain is not abundant enough to keep the rivers and brooks flooded. Although the price of the distilled water can be expensive for a family with a small income, at least water is available. But prior to the distillation plant, water was often stored for future use. In order to clear the water that was to be used for drinking from dust and dirt that may have collected while the water was sitting in the barrels, Informant G said they would slice pieces of long cactus (cadushi largo) and put the pieces of cactus in the water. The impurities in the water would collect on the

6
cactus which would float to the top. The cactus would then be scooped out and the water remaining would be clear and potable.

The maishi rabu (maishi=maize, rabu=tail) so called because of its plume shape, used to be ground by hand on grindings stones and used to make funchi and pambati. However, imported yellow cornmeal (harina heel) is now used for funchi as the maishi rabu imparts a greyish color to the dish. A few elders may still grind the maishi by hand, but most of the cornmeal and flour that is used for cooking is bought in the grocery store.

Informant G also explained how cactus powder for cactus soup (soppi di cadushi) used to be made. Cactus soup is still a popular dish but most people use the powder that can be bought in the store. The original method for making the cactus powder is as follows: a piece of young cadushi large is cut and the needles sliced off for easy handling. The colorless outer layer is peeled off to reach the green underlayer. Strips of green are cut from the part of the cactus to which the arrow is pointing in the diagram below.



These strips are then pounded and washed into a paste which is left in the sun to dry. The dried paste is pounded into powder which is used for the soup.

The most popular beans are:

Boonchi berde (green beans). This bean grows in a pod and is most often cooked in the pod.

Boonchi bonovis which is similar to a lima bean.

Boonchi con chon chi, a pigeon pea which is small and round.

Boonchi largo (long bean). This bean looks like a very long string bean and is a favorite vegetable.

The Aruban meal schedule includes three meals a day-- breakfast, lunch, and dinner or supper. These meals consist of such varieties of dishes as follows:

Breakfast

- Eggs
- Ham
- Liverwurst
- Sausage
- Cream of wheat cereal
- Oatmeal
- *Cornmeal porridge
- Bread and butter - pambati and jogmay cakes are also used for bread

A quick breakfast consists of juice, bread and butter, a piece of sausage, tea or coffee.

Lunch - usually a heavy meal when children and husbands are home from school and work at noontime.

- Soup - served with pambati or funchi
- *Funchi - served with fish and fried plaintain (funchi can be served with tomato sauce or vinegar and oil)
- Stoba (stew)
- *Rice and beans
- Rice and cabbage
- Fried rice
- Meat and salad
- Rice and fried plaintain served with lettuce and tomato salad
- Rice is most popularly served with fried plaintain, fried white or sweet potato, meat, chicken or fish.

If lunch is a light meal or eaten away from home, it most often will consist of a sandwich.

*See Appendix B for recipes.

Supper - usually eaten around 7:30 p.m.

*Johnny cakes with butter

*Pambati with butter

These two breads are more usually eaten for supper than breakfast when there may not be enough time to cook.

Ham
Salami
Sausage

} Eaten with bread, pambati, or johnny cakes.

*Pastechi - also a popular snack food

Any of the lunch dishes may be eaten for supper if lunch is a light meal.

Soup is a very popular meal and is usually eaten with pambati or funchi. The soups most often eaten are:

*Soppi di carni - beef soup

Soppi di carni bestia chiquito - lamb soup

Soppi di pisca - fish soup

Soppi di mondongo - tripe soup

Soppi di cadushi - cactus soup

Stoba (stew) is also very popular and people will stew different things together such as meat, fish and vegetables. Goat meat, beef, or veal may be used as the base and combined with red snapper or saltfish and whole, fresh vegetables such as carrots, spinach, white cabbage, green papaya, bananas, and pumpkin. These vegetables may themselves be used as the base for a stoba such as pampuna stoba (pumpkin) which is cooked with pigtail or salted meat, tomatoes, and sweet or white potatoes.

*See Appendix B for recipes.

2

A tasty dish is made from pigtail (rabo di porco). The pigtail is salted in a barrel and can be bought at the grocery store. It is boiled twice to desalt it. When it is boiled for the third time, red kidney beans and sugar are added and boiled together. When the water has boiled down and the beans and meat are tender, the dish is done. It is served with rice and bread or funchi.

Fruits and vegetables can be bought fresh at the outdoor market in Oranjestad or from the hydroponics truck that comes around every day. Since fish is caught daily and is very popular on the menu, a truck comes around daily with fresh fish. A belt of 3 fish costs about two guilders or one dollar. The most popular fish of Aruba are listed in Appendix A. Fish is most often baked or fried.

Hayacca, a dish from Venezuela, is popular with some Aruban families. For this dish pork, beef, lamb, ham, chicken and/or fish, tomatoes, onions, garlic, hot and sweet peppers, capers, olives, and raisins are combined together and used as filling in a cornmeal and milk mixture. The cornmeal mixture is spread on a banana leaf and the filling is placed on top of the mixture. The banana leaf is then folded like an envelope and tied with string. The hayaccas are boiled for two hours and eaten immediately or refrigerated for future use. If they are kept for a few days, boil 5 minutes or so before serving.

Chicken on Sunday is a tradition in Aruban homes. Many families keep chickens in their backyards, even in town areas such as San Nicolas. The chickens and eggs (galina and webo) are usually used for home consumption by the immediate family and neighbors and friends. A popular way to prepare chicken is to stew it in pieces (stoba) and serve it with fried plantains, rice, and salad.

When a child receives first holy communion (recibimiento), usually in May, the family has a celebration. The traditional meat served on this day is goat meat (carni di kabrito). A young male goat will be castrated and fattened over a few months. When the celebration day is at hand, the goat is slaughtered and roasted whole or in parts.

The most popular cake served at wedding and first communions is black cake (bolo preto). This is a very rich cake made with dried fruit, brandy and wine (see Appendix B for recipe) and can only be eaten in very small quantities.

The Christmas meal will most often consist of roast turkey, and/or baked ham, possibly goat meat, or baked leg of lamb. A variety of vegetables are served including sweet potato pudding. And for dessert some kind of tart will be served (such as coconut-tart). Tarts are preferred to pies in most Aruban homes.

Appendix A contains a list of foods most commonly eaten in Aruban homes with names in English and Papiamentu. Appendix B contains recipes of a few popular dishes.

Appendix A

Berdara (Vegetables)PapiamentuEnglish

batata dushi	sweet potato (whiter and harder than yellow variety)
yam	yam (yellow sweet potato)
batata	potato (Irish or white)
siboyo or siboyo	onion
konoflo	garlic
selder	celery
roelbiet	beet
colo or kool	cabbage
kadushi	cactus
wortel	carrot
salada	lettuce
snijboonchi	green snap beans
erwte	green peas
konolchi	turnip
alcapara	capser
promenton	sweet red pepper
komkomber	cucumber
pampuna	pumpkin
tomati	tomato
kalbas largo	calabas
yambo largo	okra
boonchi largo	long bean
Madame Jeanette	hot pepper
aroz	rice
maishi rabu	maize
maishi grandi	Indian corn (on cob)
harina blanco or harina di pan	white flour
harina heel or geel or harina di funchi	yellow cornmeal

Nechi (Nuts)

cashu-pete	cashew nut
pinda	peanut
coco	coconut

Fruta (Fruit)Papiamentu

cashu
 anasa
 papaya
 apelsina
 pitia
 wilon
 figo
 shimaruku
 mango
 banana
 bacoba
 awacati
 pera
 dade
 appel
 buyaba
 tamarijn, tamarein
 wijndruif
 dadru

 breba

 pruin
 rasenchi
 suursap

English

cashew fruit
 pineapple
 papaya
 orange
 watermelon
 melon, cantaloupe
 fig
 cherry
 mango
 banana (plantain)
 small banana
 avocado pear
 pear
 date
 apple
 guava
 tamarind
 grape
 cactus fruit (long cactus)
 round and prickly fruit
 cactus fruit (short cactus)
 not prickly
 plum
 raisin
 soursop

Carni (Meat)

carni di baca
 carni di kabrito
 carni di carne or
 carni bestia chiquito
 carni di porco
 sausiyshi, worst
 spekki
 ham
 carni mula
 mondongo
 carni asa
 rabo di porco
 porkchop

beef
 goat meat

 lamb
 pork
 sausage
 bacon
 ham
 chopmeat
 tripe
 roast meat
 pigtail
 porkchop

Pisca (Fish)Tagalog

bakikan, bakilao, bakilau
 kreft
 salmoo, salmon
 sardinchi
 tortuca
 tuna
 sabaron
 panchrab
 honevees
 pargo, pisca cora
 picuda

English

dried codfish
 lobster
 salmon
 sardines
 turtle
 tuna
 shrimp
 crab
 kingfish
 red snapper
 barracuda

Boonchi (Beans)

bonovis
 boonchi cora
 boonchi con chon chi
 boonchi negro
 boonchi blanco
 wowo pretu
 boonchi berde
 boonchi largo

similar to lima bean
 red kidney bean
 pigeon pea
 black bean
 white bean
 black eye bean
 green bean
 long bean

Bebida (Beverages)

cerbes
 limonada
 rom
 koffee
 te
 awa
 chocolati
 bina
 lechi

beer
 lemonade
 rum
 coffee
 tea
 water
 chocolate
 wine
 milk

Miscellaneous

bolo
 keshi
 manteca
 rees
 zeta
 webo
 keshi di pinda
 sucu
 salu
 binegar, vinegar
 netomuscat
 miel
 desayuna
 komida di diez dos 'or
 komida di anochi

cake
 cheese
 butter
 lard
 salad oil
 egg
 peanut butter
 sugar
 salt
 vinegar
 nutmeg
 honey
 breakfast
 lunch
 dinner

Appendix B

Recipe for Funchi

1 lb. yellow cornmeal

Dash salt

2 quarts water

2 tablespoons oil

Boil water with oil. Pour out half of boiled water into a separate pot and put aside. In remaining water pour in cornmeal. Stir constantly until thick. Pour back water set aside and continue stirring until mixture is a good, thick consistency. Lower flame and cover pot. Stir occasionally so mixture does not stick to bottom of pot. Cook 5-6 minutes. Pour into deep bowl which has been greased with butter. Cover with another bowl and shake back and forth to get shape of roundness. Wrap towel around plates and put aside to set. Slice into pieces to serve. Serves 6.

Pal'i funchi (palu di funchi) is the stick used to stir funchi. It is made from cactus wood.

Recipe for Pambuti

1/2 lb. flour
1/2 lb. yellow cornmeal
1 teaspoon baking soda
Dash sugar
Dash salt
Water - to moisten

Mix all ingredients in a bowl or pot. Batter should be like pancake consistency - not too thin. Pour batter onto griddle which has been greased to form round pancakes. When brown, flip over to brown on other side.

Johnny cakes

1 lb. flour
3 teaspoons baking powder
1 tablespoon lard
Dash salt
Water - to moisten

Mix all ingredients together in a bowl. The dough should be stiff, not sticky, similar to a bread dough. Shape the dough into a long roll. Slice the roll into 1" pieces and roll each piece into a ball. Fry in light oil on low flame. Eat with butter, jelly, peanut butter.

Recipe for Cornmeal Porridge

2 cups water

2 cups milk

3/4 cup yellow cornmeal

Dash of salt

In a pot, bring milk and water to a boil. Mix the cornmeal with a small amount of water to a smooth consistency. When the milk and water boil, add the cornmeal mixture and stir constantly on a low flame until the mixture thickens. Pour into plates and add sugar on top.

Rice and Beans

1 lb. dried beans

1 lb. rice

1 clove of garlic

Put beans in pot well covered with water in which a little sweet oil has been added (oil helps soften beans faster) and the garlic. Cook until the beans are soft. Add rice and salt and stir to mix. Cook on medium flame covered and bring to a boil. When water is almost boiled down, remove cover and lower flame. Cook until done. Serves 4.

Recipe for Beef Soup (Soppi di carni)

Soup meat (carni di soppi) - 1 lb.

6 Irish potatoes

6 sweet potatoes

1-2 onions

1-2 sweet red papper

6 stalks of celery

4-6 pieces of canned corn on the cob

4 tomatoes

2 cloves of garlic

Put beef in large pot and cover with water (fill pot about 3/4 with water). Boil meat until tender. Peel and cut vegetables into large pieces. Put vegetables in water with boiled meat and cook until potatoes are soft. Add salt and pepper to taste. For fuller flavor a package of Lipton or Campbell vegetable soup can be added. When soup is done add a handful of thin noodles and cook until noodles are soft. Serves 4.

Red Snapper (Pisca cora)

Clean whole fish - use lime and wine vinegar on inside and outside to clean. Roll the fish in white flour and fry in vegetable oil until tender. Remove from pan and drain off excess oil. Garnish with garlic and parsley.

Recipe for Pastechi

(yields about 45)

Dough

3 lbs. flour
1 teaspoon dry yeast melted in 2 cups water
2 tablespoons butter (soft)
2 tablespoons Crisco
1/4 cup milk

Put flour into bowl and add butter, Crisco, and milk. Then add melted yeast with water. Knead all ingredients together until dough is stiff and forms into a ball. Leave the ball of dough rest 10-15 minutes. Then knead again. Cut the dough into small pieces and shape into round balls. Cover balls with a cloth and allow to raise.

Filling

1-1/2 lbs. white potatoes
2 large onions
2 sweet peppers
6 stalks celery

Dice above vegetables and fine grind in meat grinder, except potatoes. Fry diced potatoes in frying pan until browned.

White potatoes browning, combine together:

2 lbs. chopmeat
1 jar capers
Salt to taste
Pepper to taste
Garlic salt

When potatoes browned, remove from frying pan into a bowl. In a small amount of cooking oil, put meat mixture into frying pan and add ground vegetables. Cook entire mixture together about 15-20 minutes. When meat mixture almost done add 1 tablespoon soy sauce and a 12 ounce box of dried raisins. Add potatoes to meat and cook together a few minutes until done.

Pastechi (continued)

To Fill

Take one of the raised dough balls. Sprinkle bottom with flour and roll with rolling pin with floured side up. Roll ball into a 5" diameter circle. Put filling on one-half of the dough. Turn over the other half to cover filling. Press edges together with fork. Fry until golden brown.

Black cake (Bolo Preto)

Part I:

- 1 lb. prunes
- 1 lb. karent (Indonesian ingredient)
- 1/2 lb. citron
- 10 pieces bitter sweets
- 1/2 lb. raisins
- 1/2 lb. dates
- 1/2 lb. dried lime
- 1/2 lb. figs

Part II:

- 1 cup brandy
- 1 cup Malaga wine
- 1 cup Curacao liqueur

Part III:

- 1 lb. brown sugar
- 1 teaspoon foeli (Indonesian spice)
- 1/2 can fine cinnamon
- 1 teaspoon fine sweet pepper
- 1 teaspoon linseed
- 1 teaspoon cardomon (Indonesian spice)

Black Cake (continued)

Part IV:

9 eggs
3/4 lb. white sugar
3/4 lb. sweet butter
3/4 lb. white flour
1-1/2 teaspoon baking powder
1 cup vanilla essence
1 cup almond essence

Grind finely in grinder all ingredients of Part I. Add Part II to Part I.

Heat brown sugar in pan; add all ingredients of Part III to heated sugar and heat on low flame until mixture turns syrupy. Add Parts I and II to syrup and mix together. Allow to cool and keep in cool storage for one week or more.

When ready to bake cake: Beat white sugar with butter. Beat eggs separately until foamy. Add eggs to sugar and butter mixture, and mix together. Add this mixture to the mixture above that had been stored and mix well together. Add vanilla and almond and mix well.

Sift flour and baking powder into above mixture and mix well together. Pour into ungreased pan.

Preheat oven to 300° F for 15 minutes. Place cake in heated oven and bake about 1-1/2 hours.

Appendix C

Informant A - Norma Phillips

Dates of Interviews: February 12, 1969 2:30-3:30 p.m.
March 4, 1969 2:30-3:30 p.m.

Sex: Female

Marital status: Single

Age: 28

The informant is a native of Aruba; her parents come from St. Maarten. She is the mother of four children aged 10, 8, 6 and 4 months. The informant cleaned the houses for us in Lago which is where I met her. The interviews were held in House 371 at Lago. She was very helpful in providing information about recipes, meal schedules, and Papiamentu names for food. I went to visit her and her children in their home in San Nicolas.

Informant B - Yvonne Gumbs

Date of Interview: March 6, 1969 2:00-5 p.m.

Sex: Female

Marital status: Single

Age: 30

Place of Interview: Congo Weg #34, San Nicolas - Informant's home

The informant was born in Curacao and has lived in Aruba since she was 14 years old. Marsha Hellerman introduced her to me as a contact as Mico Gumbs is an excellent cook and did the cooking for the Research Center last summer. She is a cousin of Norma Phillips. During the interview she prepared soppi di carni (beef soup) and Pastechis so I could see the ingredients and preparation as I took notes. I stayed and ate the above with her and her family (her stepfather, a sister and two brothers, all younger than herself). Her mother passed away last year and she is taking care of the family. I also had dinner with the family on Sunday, March 9 when she prepared stewed chicken and fried plaintain.

Informant C - Mrs. Olga Geerman

Date of Interview: March 6, 1969 3:15-9:15 p.m.

Sex: Female

Marital Status: Married to Frederico German

Mother of 12 children aged 20 to 4 years old

Place of Interview: Informant's home in Santa Cruz

Contact with this informant was made through Mr. Orne Nicholls who works with Mr. Geerman at the chemical plant. Mrs. Geerman speaks only Papiamentu and Mr. Nicholls acted as interpreter. She was very helpful in giving information about types of meals and foods most popular. Her husband and children were present during the interview and the family was very cordial to me. She and her husband are native Arubans.

Informant D - Evaline Bronswinkel

Date of Interview: March 10, 1969 5:00-8:00 p.m.

Sex: Female

Marital Status: Single

Age: About 32

Place of Interview: Informant's home in Oranjestad

Miss Bronswinkel is a native of Aruba; her mother is from Curacao. She is principal at the Lourdes Huishoud School at Noard (homemaking school for girls). I was put in touch with her by Rev. van den Doel of the Community Church in Seroe Colorado. She was very helpful in giving me information about names of foods and uses of cactus as food and later introduced me to Informant C. After the interview, Miss Bronswinkel, Miss Dowling (Informant E) and I spent time together chatting and sharing our experiences as students, travelers, and single women. She served Coke and peanuts. I hope to be in touch with her in the future. She was educated in Aruba and Holland.

Informant E - Elsa Dowling

Date of Interview: March 10, 1969 5:00-8:00 p.m.

Sex: Female Marital Status: Single

Age: About 32

Place of Interview: Informant D's home in Oranjestad

Miss Dowling was born in Aruba; her parents are from Saba. She is a teacher at Mater Dei Huishoud School in Oranjestad. She was educated in Aruba and Holland. She was very helpful in offering information about foods of Aruba and about the island in general. As mentioned above, we spent a lovely evening together. At a later date, she took us to the Science Exhibit of the school children. I hope to be in touch with her in the future.

Informant F - Elizabeth Nicholls

Date of Interview: March 22, 1969 2:30-3:00 p.m.

Sex: Female

Marital Status: Single

Age: 22

Place of Interview: House 371 in Lago

Miss Nicholls is the sister of Orne Nicholls who was very helpful in putting me in touch with informants. She was helpful in giving me Papiamentu and English names of dishes and foods and how they are prepared.

Informant G - Anita Tromp

Date of Interview: May 15, 1969 3:00-4:00 p.m.

Sex: Female

Marital Status: Widowed

Age: 45

Place of Interview: Informant's home at Matadera near Noord

Also present: Miss Bronswinkel who acted as interpreter as Informant speaks only Papiamentu, and Miss Dowling

Mrs. Tromp is the mother of 10 children. She has been widowed for 10 years and does all the work at home herself. She showed me the vegetables and fruits she grows on her land and gave me the interesting information about using cactus to clean drinking water and about the method of making cactus powder. She was very pleasant, cordial, and anxious to offer information.